



PEDRO E. SEGARRA
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
131 Coventry Street
Hartford, Connecticut 06112
Ph: (860) 757-4700
Fax: (860) 722-6851
www.hartford.gov



CARLOS A. RIVERA
Director

HEALTH ADVISORY

**FROM THE MAYOR'S OFFICE, THE DEPARTMENT OF HEALTH AND HUMAN SERVICES,
EMERGENCY SERVICES AND TELECOMMUNICATIONS, THE HARTFORD FIRE DEPARTMENT,
AND THE OFFICE OF CHILDREN, YOUTH, FAMILIES AND RECREATION**

--- News and Community Release---

Due to the high heat, Mayor Pedro Segarra announced today the City of Hartford is issuing a Health Advisory to help all Hartford residents stay healthy. To help beat the heat, cooling centers will be open on Wednesday, July 6th.

A cooling center is a temporary air-conditioned public space set up by local authorities to deal with the health effects of extreme heat. Usually sited at several locations throughout the city, cooling centers are meant to prevent hyperthermia, especially among the elderly without air conditioning at home. Cooling centers provide shade and water along with referrals to social services. Please visit us at the following locations:

Parker Memorial Community Center	2621 No. Main Street	Open 10:00am to 8:00pm
Pope Park Recreation Center	30 Pope Drive	Open 10:00am to 8:00pm
Metzner Center	680 Franklin Avenue	Open 10:00am to 5:00pm
North End Senior Center	80 Coventry Street	Open 10:00am to 5:00pm
South End Senior Wellness Center	830 Maple Avenue	Open 10:00am to 5:00pm
Parkville Senior Center	11 New Park Avenue	Open 10:00am to 5:00pm
Hispanic Senior Center	45 Wadsworth Street	Open 10:00am to 5:00pm

The Hispanic Health Council, 175 Main Street will open its doors from 10:00am to 5:00pm.

HHS urges city residents to take the following precautions during this heat alert.

1. Stay hydrated by drinking plenty of water--- especially the elderly, children, and those with respiratory illnesses.
2. Avoid prolonged work in the sun or in poorly ventilated areas.
3. Stay in cool, air-conditioned environments.
4. Do not leave children or pets unattended in vehicles.
5. Check in on elderly family members and/or neighbors often.

If severe weather strikes or if there's a power outage, the American Red Cross recommends:

1. Pick a safe place in your home where there are no windows, skylights or glass doors.
2. Unplug appliances.
3. Have a flashlight ready and do not use candles.
4. Avoid opening the refrigerator or freezer.

HHS advises residents and businesses to take precautions against food-borne illnesses that can occur during oppressive heat because of accelerated bacteria growth. Here's what you can do:

1. Wash hands well and often with soap and water.
2. Wash surfaces when cooking, keeping raw food separate from cooked food.
3. Marinate in the refrigerator and not on the kitchen counter.
4. Cook food thoroughly using a meat thermometer.
5. Refrigerate and freeze food promptly, including leftovers.